

# SPROCKET man



## BICYCLING IS POETRY IN MOTION.

While aiding your mind and body (and your transportation needs), you also show care for the world around you.

Show that you care for yourself and for others—**RIDE SAFELY**. Wear a bicycle helmet to protect yourself from head injuries, the leading cause of death to bicyclists. (I wear a special shock-resistant mask.)

Practice the survival skills you'll learn from my comic, and, above all, **HAVE FUN**. Enjoy the benefits of bicycling (some of which are listed below), and follow the spirit of the kudjur who has written—

*Cruising with the buffalo  
This earth my home  
Healthy, eating well  
More with less, that's best  
Come ride with me  
Roaming free*



\* good times with friends

\* roam with the buffalo

\* benevolent use of technology

\* great alternative to automobiles

\* no air pollution

\* create a cleaner and healthier America

\* cheaper and more fun than cars

\* low-energy consumption

\* better health through exercise

\* get closer to nature

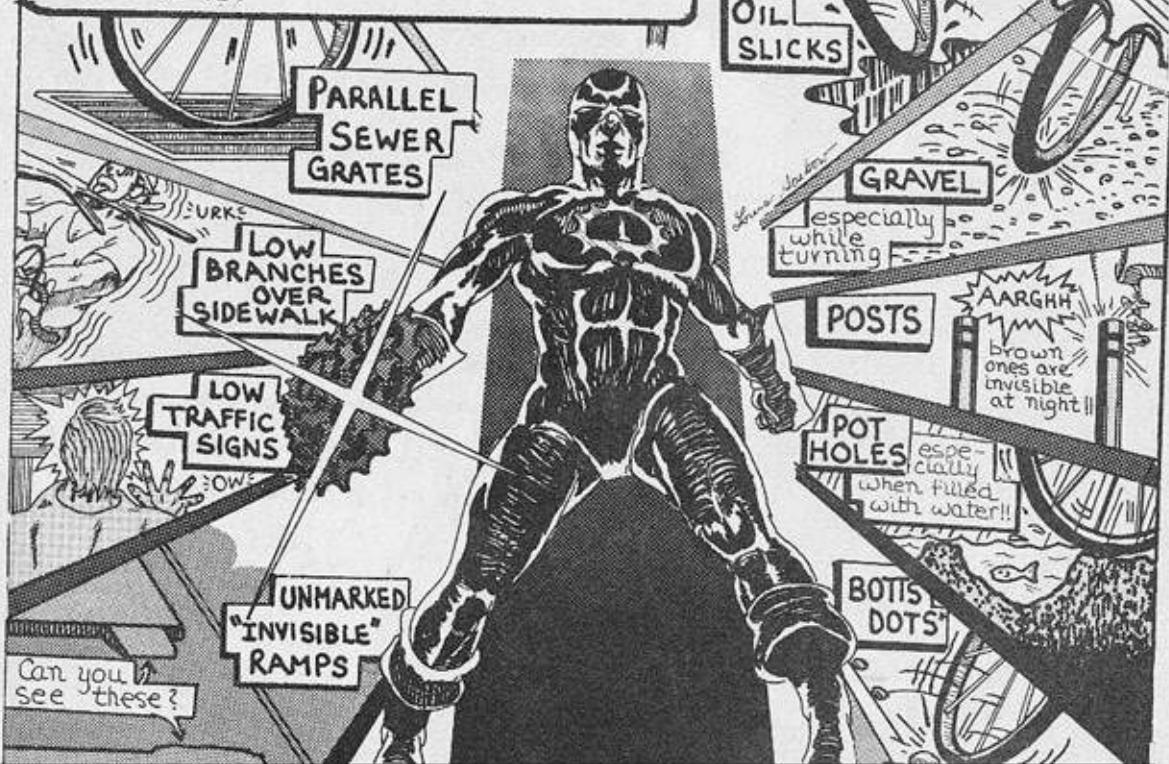
\* racing and touring

The sheer **NUMBER** of bikes in use these days shows that the days when bikes were merely **TOYS** for kids are **BYGONE**..... and that the **ANARCHY** of the cyclist can be afforded **NO LONGER!**

Here are a few tips on **SURVIVAL** skills and **SAFE** riding etiquette.

**HAZARDS** you should be especially aware of are listed below.....

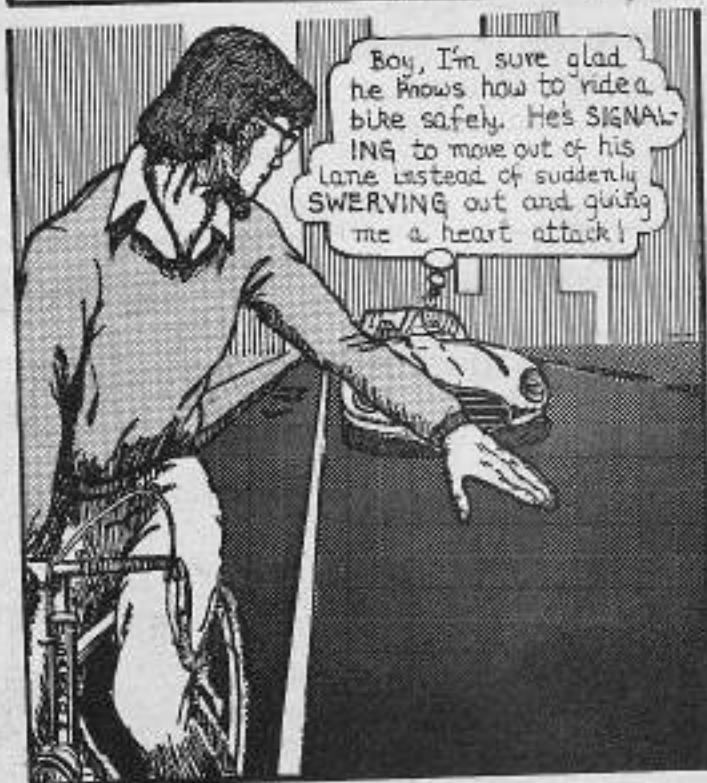
Should you encounter a hazardous situation, **WRITE** your city's **TRAFFIC ENGINEER**. Tell him you've found a "**DANGEROUS AND DEFECTIVE CONDITION**" and where it is.



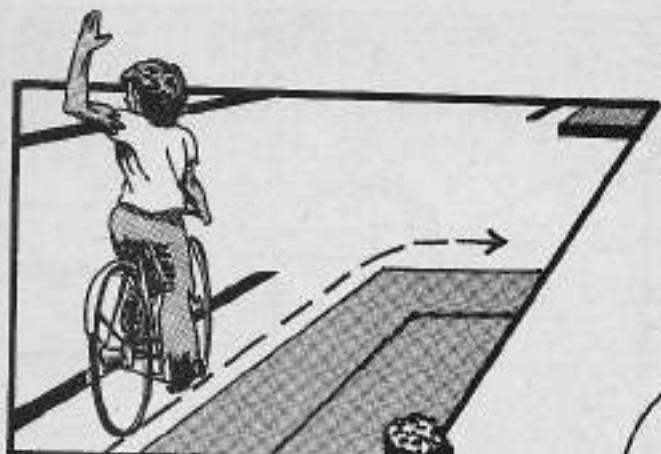
THINK AHEAD...



THE KEY CONCEPT TO SAFE BICYCLING  
**-BE PREDICTABLE- AND SIGNAL YOUR MOVES!! COMMUNICATE.**



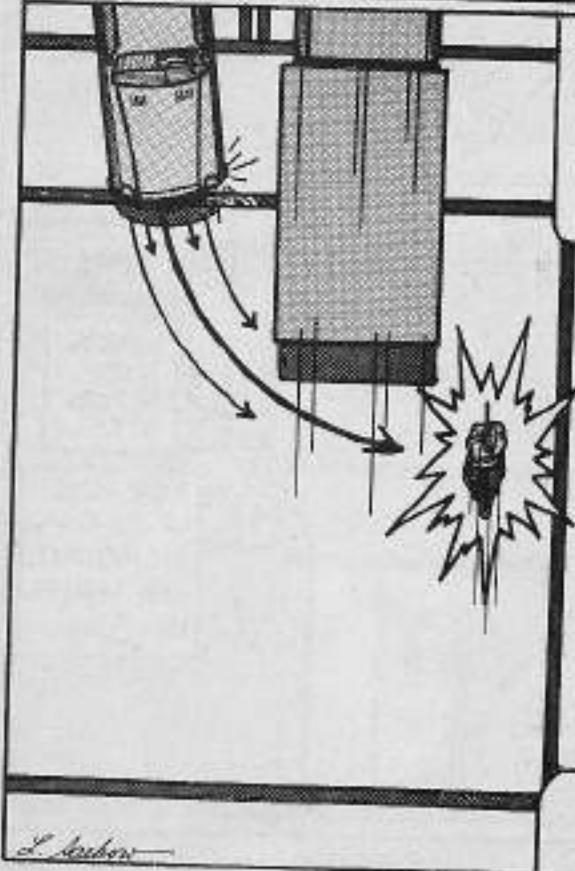
...LOOK, ESTABLISH EYE CONTACT, THEN MOVE **GRADUALLY** INTO TRAFFIC TO PASS THE PARKED CAR.



SIGNAL  
AT  
TURNS!



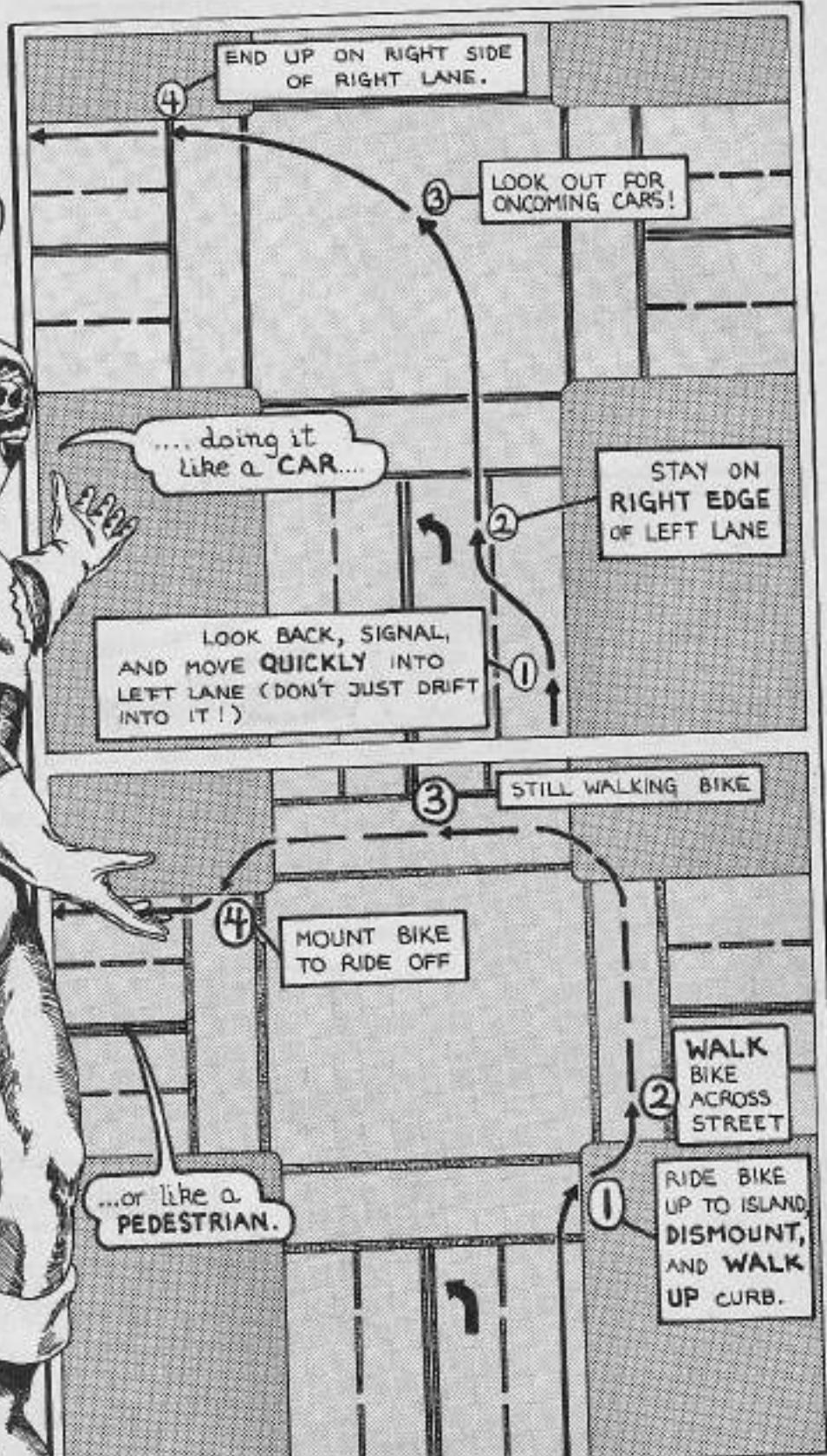
60-70 %  
OF ALL  
BIKE ACCIDENTS  
OCCUR AT  
INTERSECTIONS



When going straight through  
an intersection, never follow  
a TRUCK or BIG CAR closely  
cause you'll then be  
HIDDEN FROM VIEW!



The ONLY  
SAFE WAYS  
to make a  
LEFT TURN...





I'd better WAIT behind  
the car.

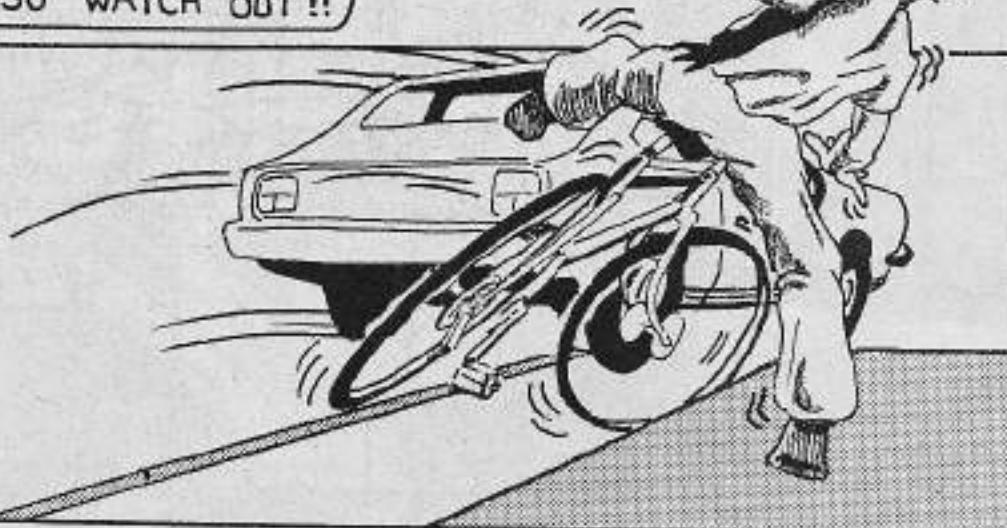
**WAIT YOUR TURN  
AT INTERSECTIONS!**

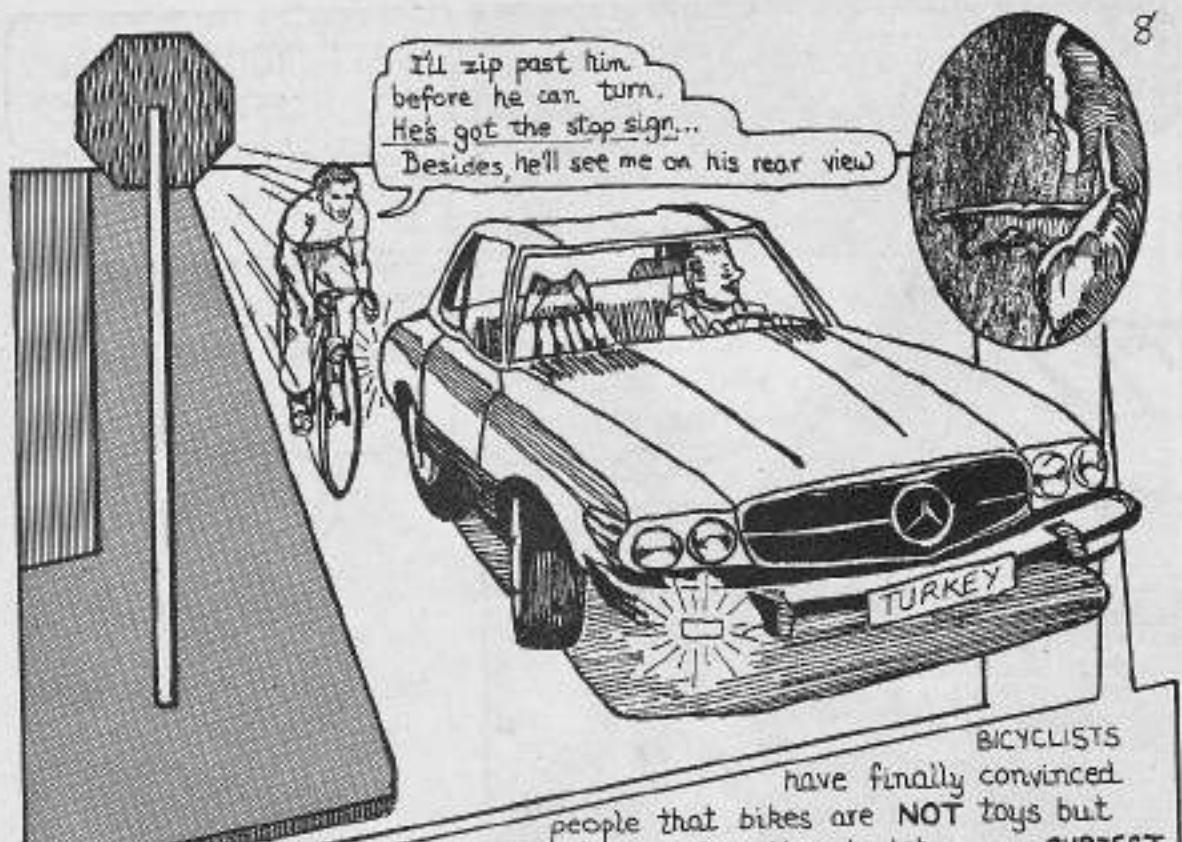
Whether you are  
going straight or  
turning right...  
**DON'T PASS A  
CAR BY CUTTING  
INSIDE IT !!**



Even if you're in a bike lane,  
the car beside you might  
**SUDDENLY** make a right turn  
**WITHOUT SIGNALING.**  
**SO WATCH OUT !!**

**YEEWWS!**



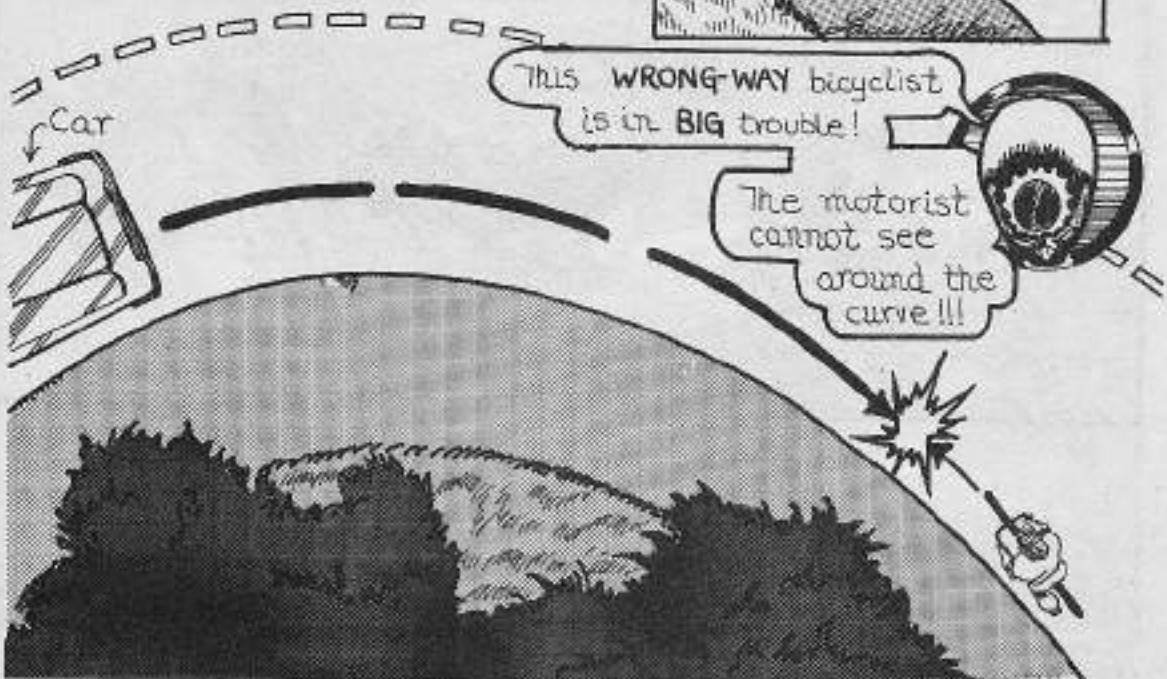
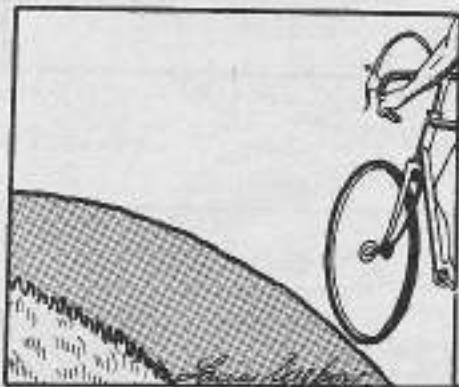
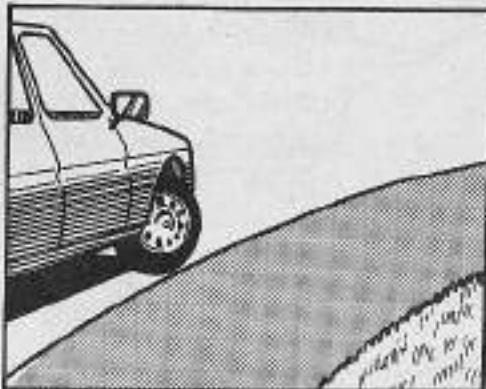


BICYCLISTS have finally convinced people that bikes are NOT toys but VEHICLES. As vehicles, though, bikes are SUBJECT to the state vehicle code. Under those laws, your status as bicyclist® is: "EVERY PERSON RIDING A BICYCLE UPON A ROADWAY HAS ALL THE RIGHTS AND DUTIES APPLICABLE TO THE DRIVER OF A VEHICLE." SO STOP at all stop signs and stop lights AND OBEY THE

#### RULES OF THE ROAD!!

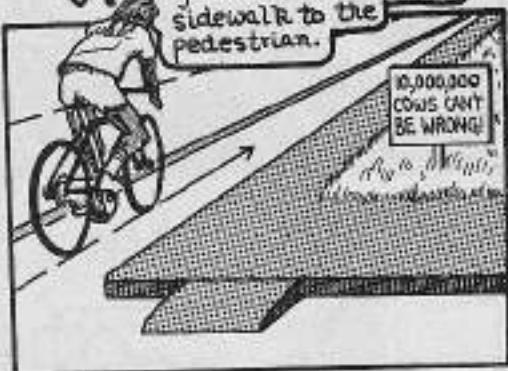
The U.S. Department of Transportation now calls us "PEDAL CYCLISTS".



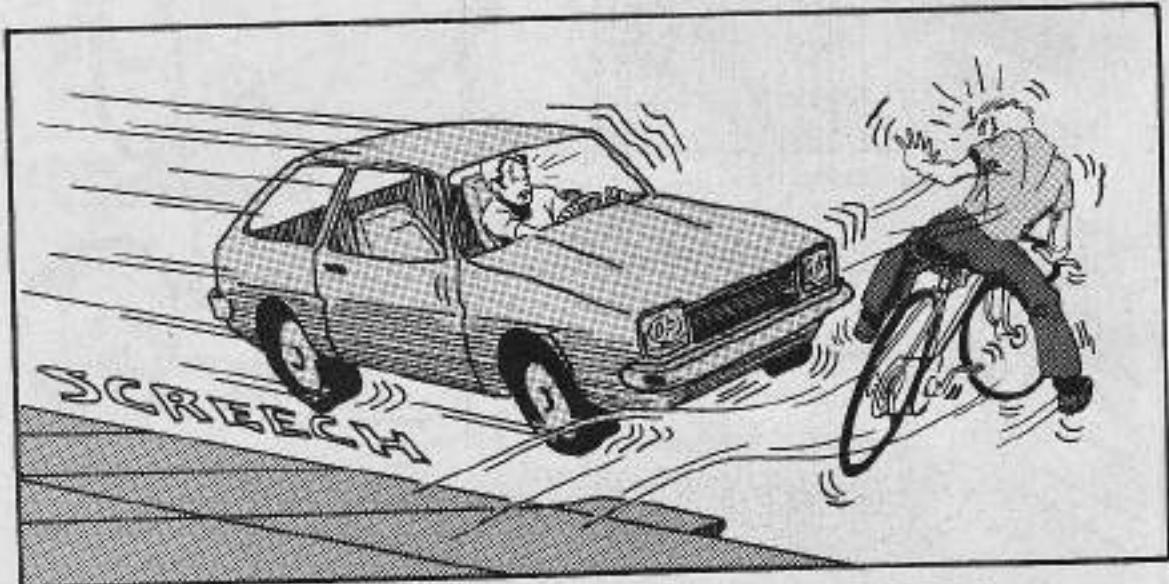




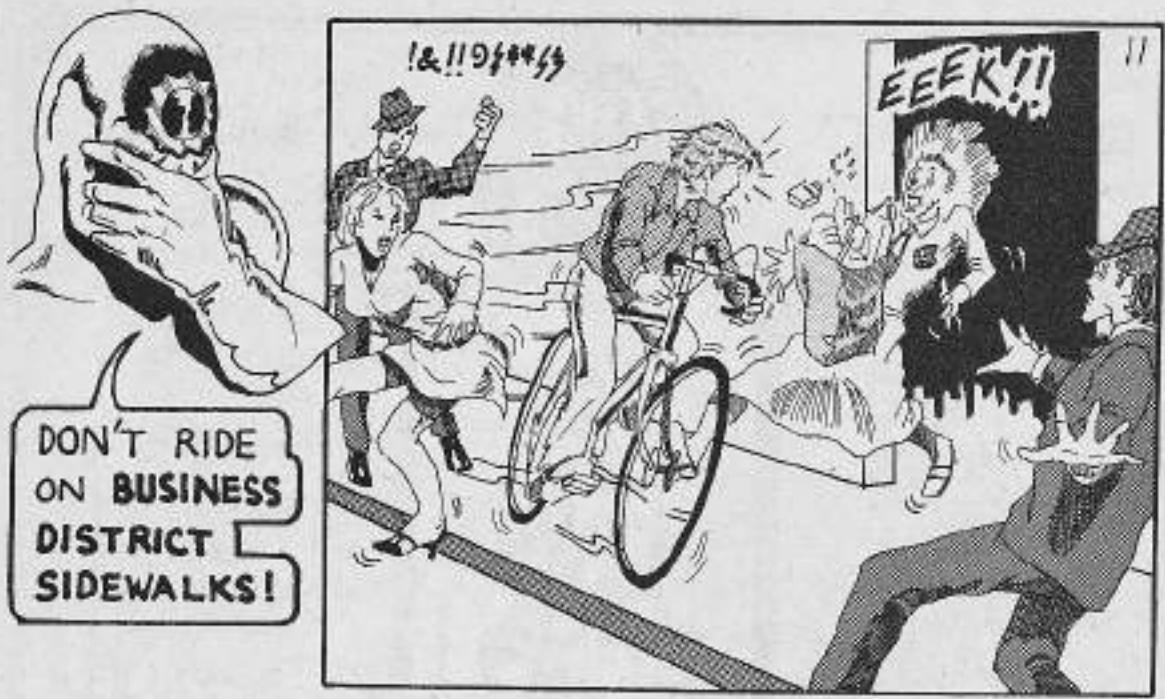
Use the BIKE LANE and street instead of the sidewalk and avoid pedestrian - bicyclist CONFLICTS !!



If you have to use the sidewalk, DON'T FLY DOWN THE BIKE RAMP INTO TRAFFIC !!  
Cars don't expect vehicles (including bikes) to come from anywhere but a street. SO WATCH OUT !!



A suggestion to the PEDESTRIAN: LEAVE THE BIKE RAMPS FOR BICYCLES AND WHEELCHAIRS.



# BRAKE

SAFELY....  
BY USING...

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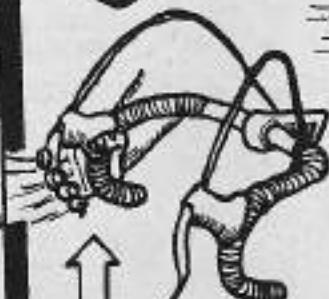


**BOTH  
BRAKES**

FOR QUICK  
SMOOTH  
STOPS!!

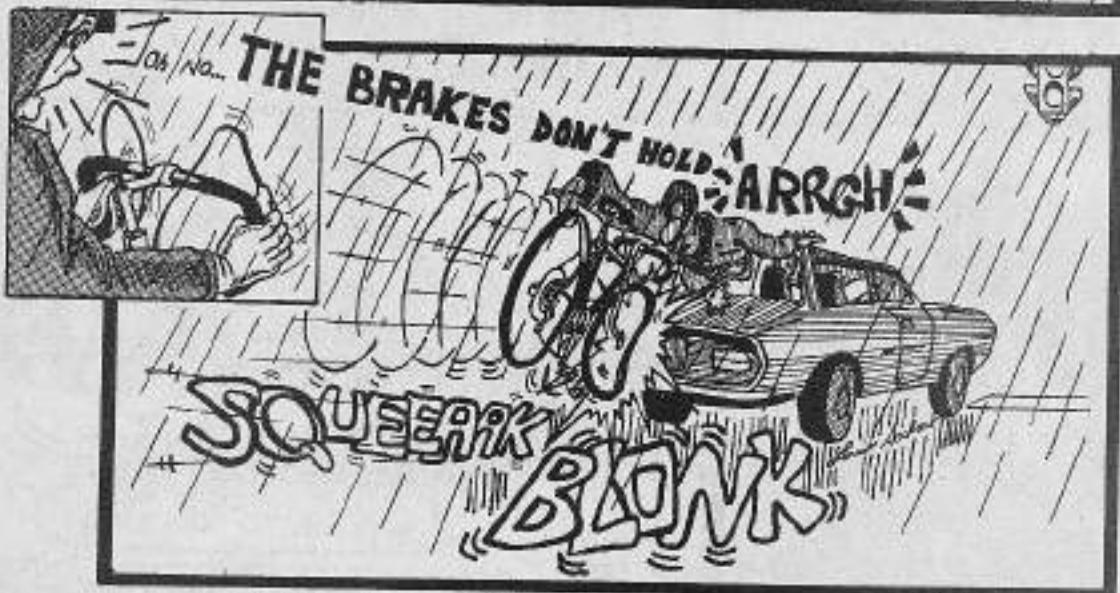


**FRONT  
BRAKES  
ONLY**



**REAR  
BRAKES  
ONLY**





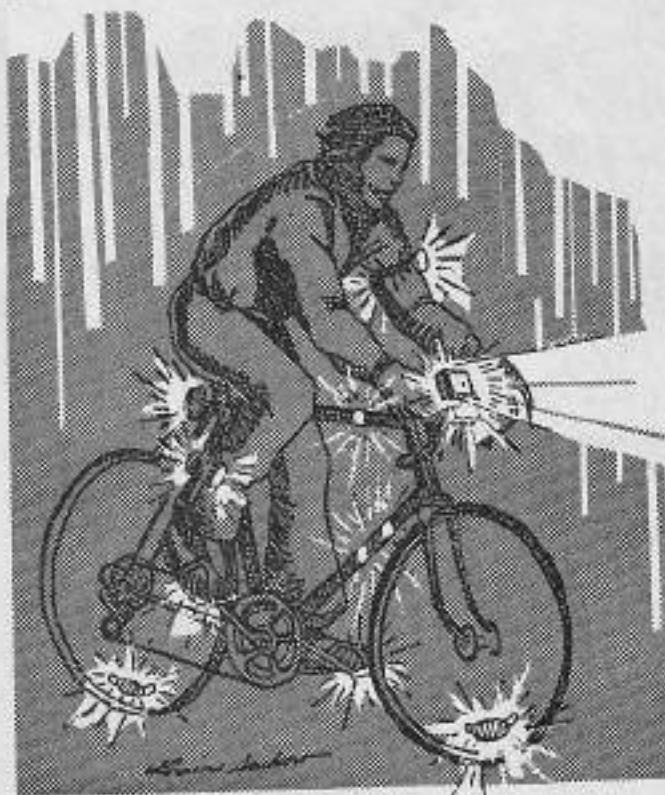
### RAIN IS A PAIN !!

- ① Handbrakes **DO NOT** work well in rain.  
BE **SAFE** — start slowing down **3 TIMES**  
as far away as usual.
- ② Ride **SLOWER** than normal.
- ③ Wear a **LIGHT** if visibility is poor.
- ④ Use wheels with **ALUMINUM RIMS**.





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PAY  
ATTENTION  
AND  
KEEP  
YOUR  
EYES  
ON  
THE  
ROAD!!



### BE SEEN AT NIGHT!

Wear LIGHT CLOTHING. Use REFLECTIVE VESTS and/or REFLECTIVE TAPE applied to clothing.



Attach these to bike:

- WHITE HEADLIGHT.
- REAR RED REFLECTOR.
- WHITE OR YELLOW REFLECTOR ON PEDALS.
- WHITE OR YELLOW AND RED REFLECTORS ON SIDE.

Remember, above all.....

# BE PREDICTABLE

in your riding!! Make your intention known!

LIGHTS AT

NIGHT

RIDE WITH TRAFFIC

SIGNAL AT SWERVE!!

DON'T

SWERVE!!

TRAFFIC SIG

AT

TURN

OBEY

STOP



I  
live  
dangerously



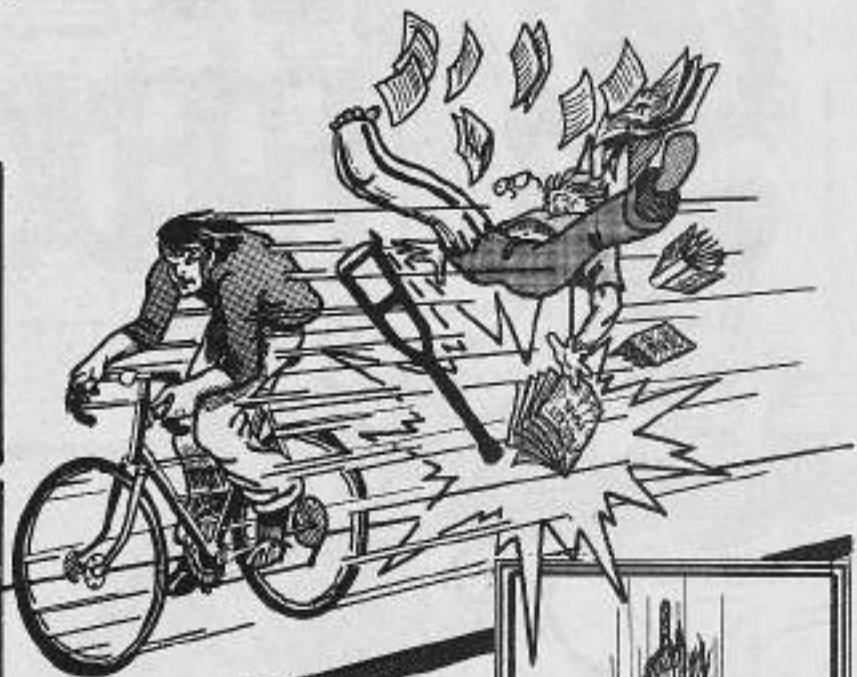


PEDESTRIANS HAVE THE RIGHT OF WAY!!

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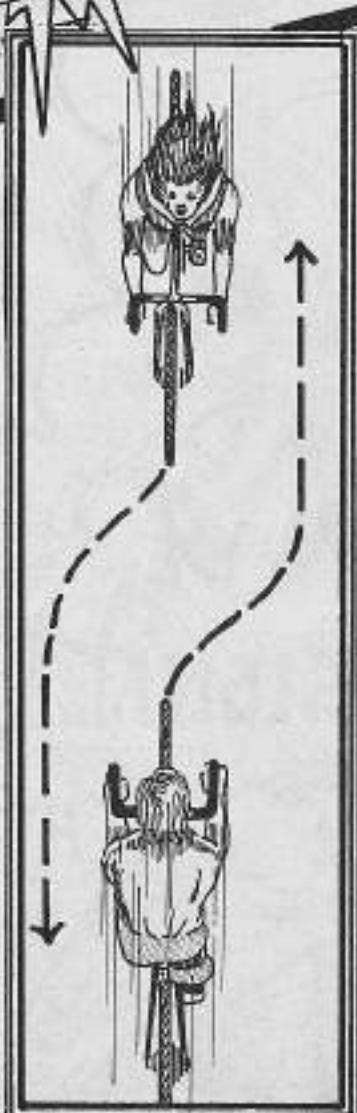
Play the GOLDEN RULE bit.... No matter how much you like to ride a bike, YOU'VE got to walk SOMETIME....

Besides, the ped you hit may play the "AN EYE FOR AN EYE" bit at a later date.



However, sometimes it's much easier for the ped to FREEZE than the bicyclists. The ped should let the bikes go straight through while he either stops or maneuvers around the bike.

When coming HEAD-ON towards a pedestrian or another cyclist, GO TO YOUR RIGHT !!



PASS A PEDESTRIAN ON

HIS  
LEFT...

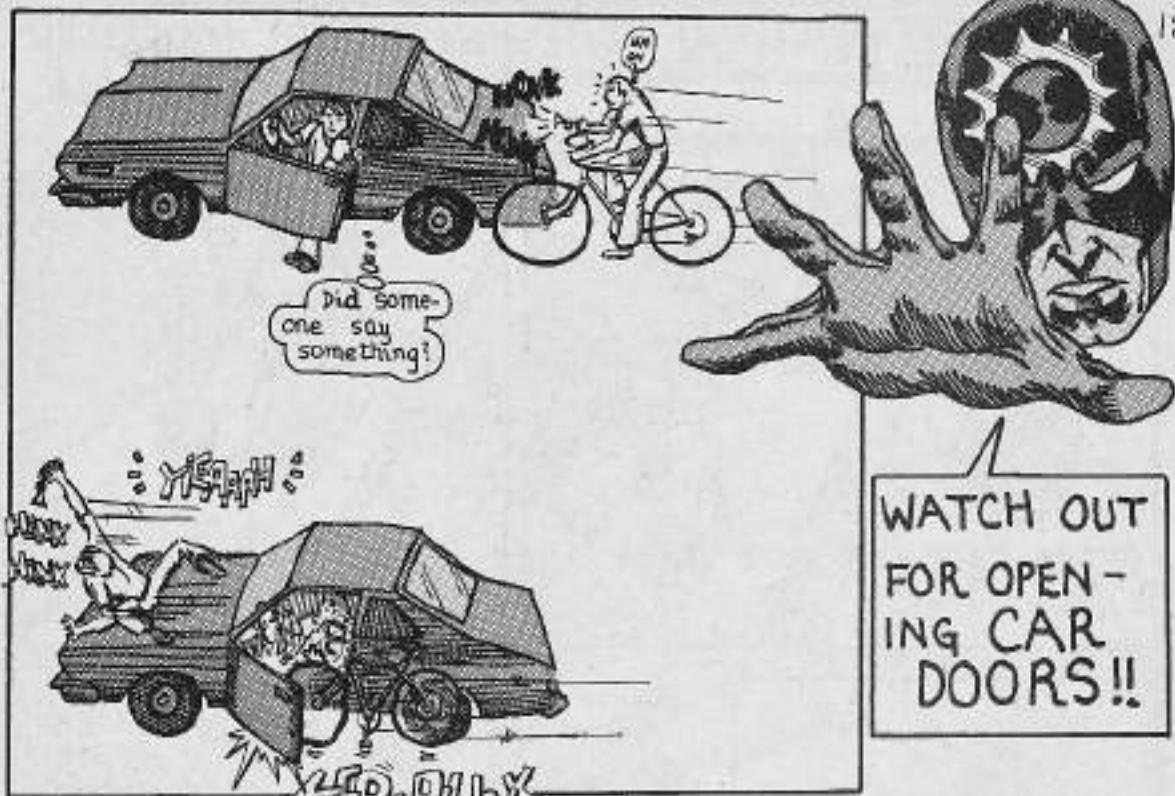


SAY IT!

PASSING ON  
YOUR LEFT!

THANKS FOR  
TELLING  
ME... 17





**WATCH OUT  
FOR OPEN-  
ING CAR  
DOORS!!**





## PRACTICE RIDING YOUR BIKE !!

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Practice riding in a **STRAIGHT LINE** every time you get on your bike (it's easier said than done). Knowing how to ride **EVENLY** may save your **LIFE**, especially on narrow roads!

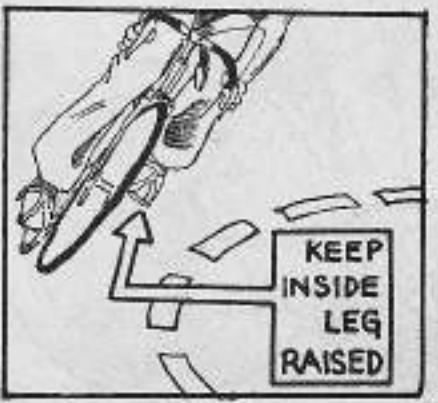


Around **CORNERS**, keep your **INSIDE** leg raised or you'll take a spill!



## RIDE CREATIVELY.

Try back roads where few cars (and bikes) roam. You'll see a lot more and breathe a lot **LESS** pollution!



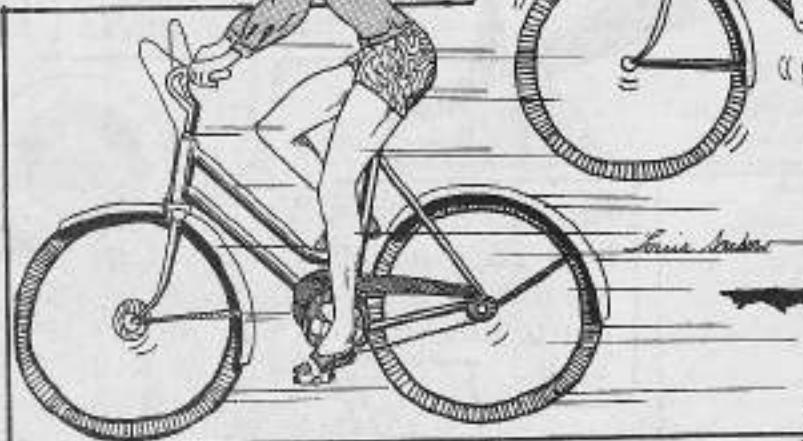


USE FULL LEG EXTENSION !!

TRY WALKING LIKE THAT.... low efficiency, eh?

=PANT= =PANT=

There's gotta be an easier way to ride!! How does SHE do it?



Same idea



She's doing it the way it should be done!  
**LEGS WORK BEST AT FULL EXTENSION!!**

Note, however, the **SLIGHT KNEE BEND!!**

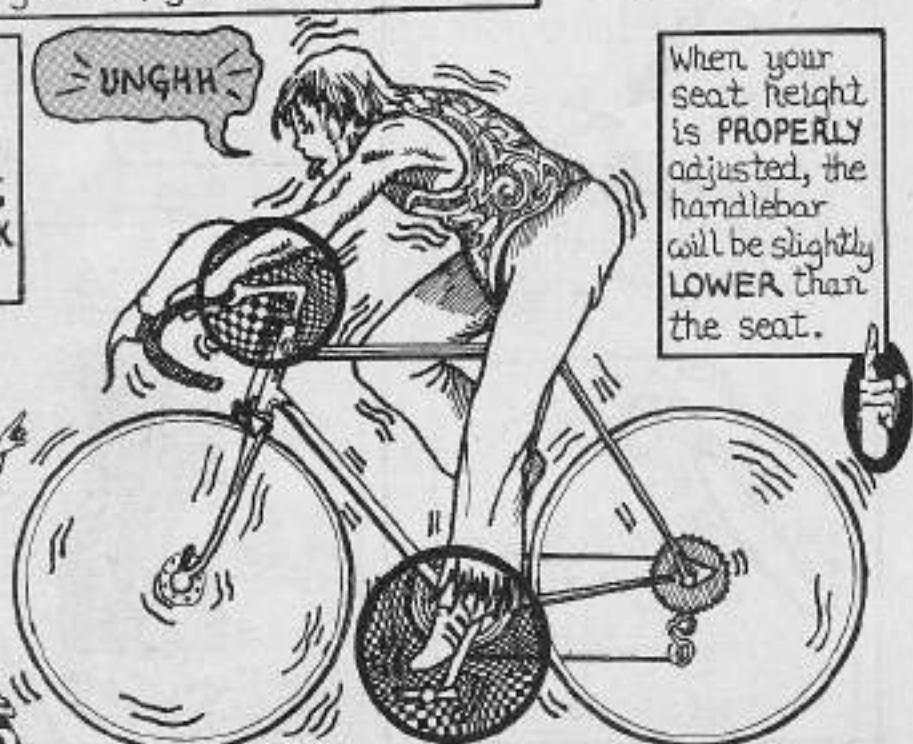
**NEVER RIDE A BIKE THAT'S TOO BIG FOR YOU !!!** you simply have **TOO LITTLE**

CONTROL.

Remember, this not only applies to **SEAT HEIGHT**, but **GOOSE-NECK LENGTH** as well!

=UNGHH=

When your seat height is **PROPERLY** adjusted, the handlebar will be slightly **LOWER** than the seat.



"DON'T CARRY ANYTHING  
THAT MAY HAMPER YOUR  
CONTROL OF YOUR BIKE!"

Plan ahead and use  
a BACK-PACK !!



Front baskets have a  
center of gravity that's  
way too high....which  
makes for awkward  
steering. REAR BASKETS  
work better!





**WATCH OUT** for objects that may **DANGLE**, like a purse strap or chain.... they will **CATCH** in your wheels !!

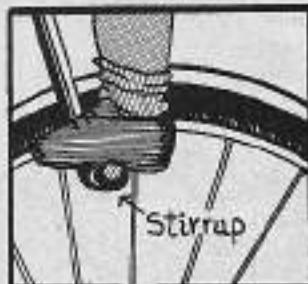
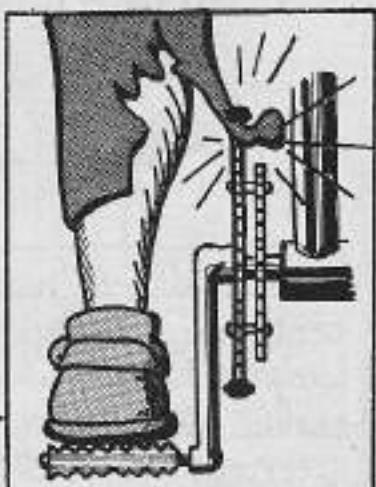


This goes for  
**PANT CUFFS**  
as well !

Pant cuffs, when caught in bike chain, can **easily** lead to an accident... and assuredly to dirty cuffs. When riding, then, roll up your cuffs, or tuck'em into your socks, or better yet... clip'em in with those nifty **pant clips**.



And for you **PARENTS**... or rather - more importantly - for the child, make **SURE** his feet will not be caught in the wheels. Baby seats with only **STIRRUPS** to support the baby's feet are **DANGEROUS**!



GOOD, SAFE SEATS ARE AVAILABLE. Consumer Report (July, 1975) recommends:

1. AMF AC 45
2. SEARS CAT.#48523
3. TROXEL 4
4. TROXEL DELUX 6
5. MONTGOMERY WARD'S CAT. # 82657 OR CAT. # 82656.



Use a  
**STRONG,**  
**FIRM RACK**  
to support  
the baby seat.





Save a tree and  
your bike!!

Don't lock your  
bike to a sapling.  
And DON'T EVER  
lock your bike to  
itself!!

Every time you lock  
your bike, follow  
these RULES:

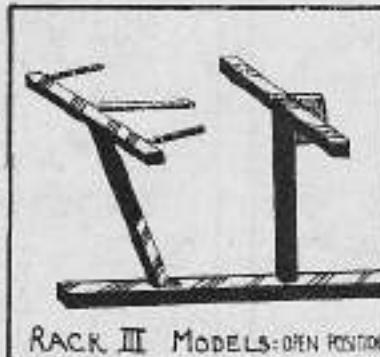
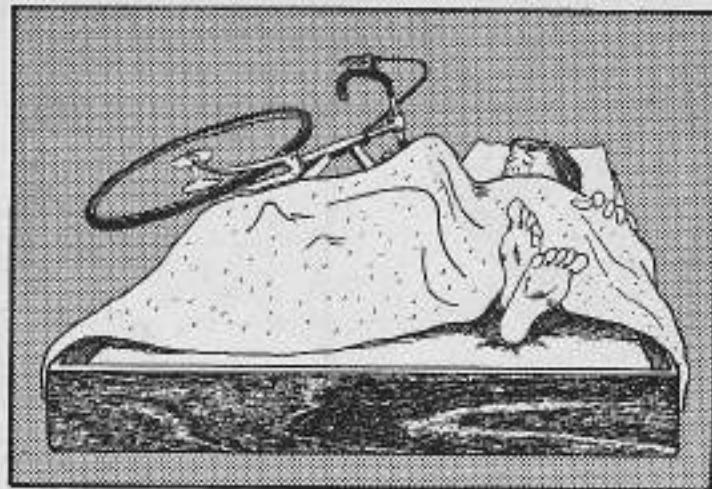
- ① Put the chain  
through BOTH wheels  
and the frame.
- ② Then put the chain  
around a SOLID,  
STATIONARY object.
- ③ Be sure to keep  
your lock well off  
the ground (which  
makes it harder  
to snap)!



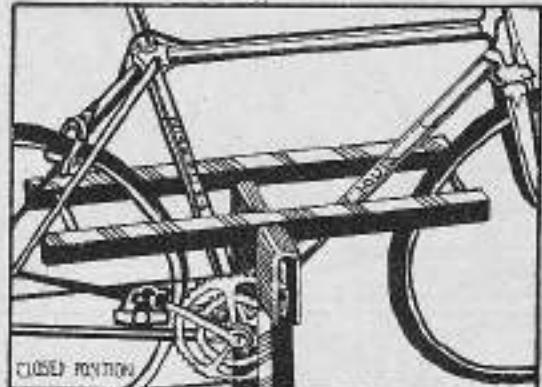
WHENEVER POSSIBLE,  
TAKE YOUR BIKE  
WITH YOU !!

Otherwise, park  
in a **HIGHLY  
VISIBLE** location.

Use **LOCKERS**  
and/or **FRAME  
RACKS**, if available



RACK III MODELS: OPEN POSITION



CLOSED POSITION

DON'T PARK IN A HIDDEN AREA! "Hiding"  
your bike in a garage or behind some bushes  
never hides your bike from thieves. It just  
gives them more cover while they  
**STEAL** your bike!

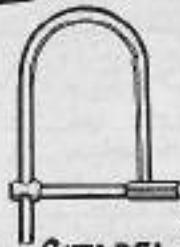
And DON'T  
PARK NEAR  
DOORS OR IN  
OPEN PLAZAS  
where people  
might fall  
over your  
bike!



**NO LOCKING  
SYSTEM IS  
FOOL-PROOF !!**



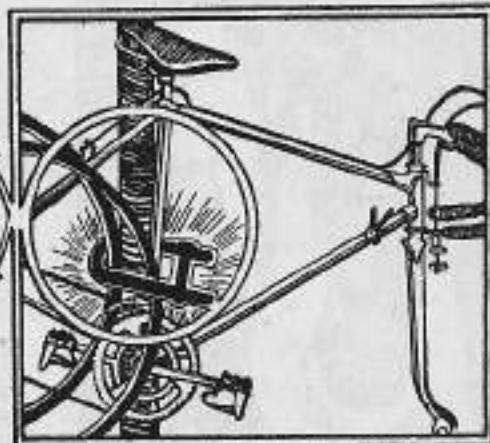
However, the CITADEL and KRYPTONITE bike locks do provide MAXIMUM SECURITY! Particularly for those with quick-release, it is best to remove your front wheel and lock it as well.



CITADEL



KRYPTONITE



**AT THE VERY LEAST,** use a heavy chain ( $5/16$ " alloy) or cable and a good padlock.  
**NEVER** use a flimsy combination lock and chain !!



LICENSE your bike! If it does get stolen, you can recover it much more easily.

THANK YOU, IT'S BEEN A PLEASURE HELPING  
YOU BECOME A SAFER CYCLIST. AND  
NOW I'D LIKE TO THANK THE PEOPLE  
WHO MADE ME POSSIBLE.

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## ACKNOWLEDGEMENTS:



But first, if you  
would like to help good  
people expand and improve  
the world of bicycling, contact  
Urban Scientific and Educational  
Research, Inc., at W20-002, MIT,  
Cambridge, MA. 02139, and the  
Urban Bikeway Design Collaborative,  
P.O. Box 2983, Stanford,  
Ca. 94305; and now.....

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Eti Katoni	Doug Smith	Warren Wilson

## AND NOW... A QUICKIE BIBLIOGRAPHY

Tom Cuthbertson, **ANYBODY'S BIKE BOOK**, Ten Speed Press, Berkeley, Ca., 176 pp., \$3.00

Tom Cuthbertson, **BIKE TRIPPING**, Colonial Press, MA., 172 pp., \$3.00

Fred DeLong, **DeLONG'S GUIDE TO BICYCLES AND BICYCLING**, \$12.95

John Forrester, **EFFECTIVE CYCLING: A HANDBOOK FOR SAFE, FAST BIKE TRAVEL**, available from J. Forrester, 782 Allen Court, Palo Alto, Ca., \$7.95

David J. Luebbers, **1975 BICYCLE BIBLIOGRAPHY**, available from D. Luebbers, Rt. 3, Box 312, Columbia, MO. 65201, 148 pp., \$3.50

Eugene Sloane, **NEW COMPLETE BOOK OF BICYCLING**, \$12.95

John Williams, "San Luis Obispo Study" in **BIKEWAY DESIGN ATLAS**, available from UBDC, W20-002, MIT, Cambridge, MA. 02139, 126 pp., \$5.00

...AND MAY THE  
WIND ALWAYS BE  
AT YOUR BACK.

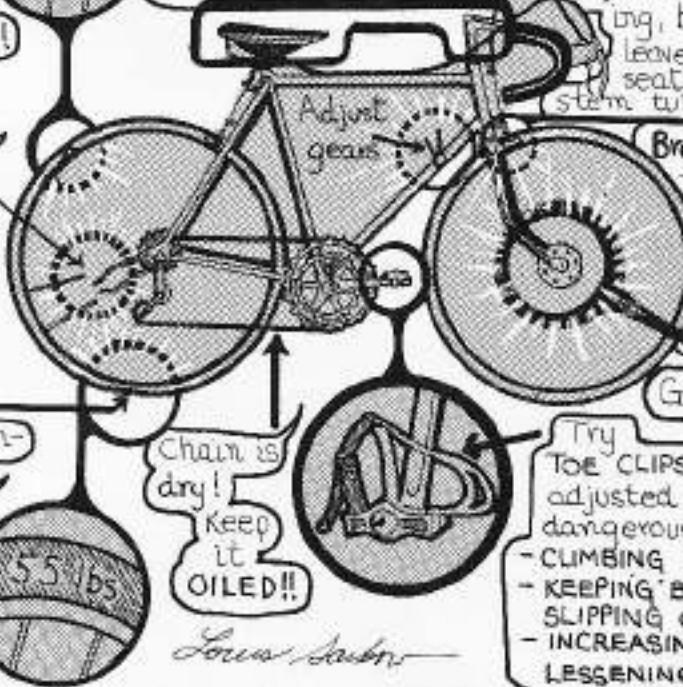
BLIP in  
the tire...  
May cause  
PUNCTURE!



## THIS BIKE IS IN SAD SHAPE!

Inspect your bike to make sure it  
doesn't have the same  
problems.

Broken  
spokes! 5  
Get them  
replaced...  
but fast!



Tire  
is underinflated.  
Inflate  
all tires  
to  
CORRECT  
pressure.



Chain is  
dry!  
Keep  
it  
OILED!!

## CHECKING YOUR BICYCLE

### WHEELS

Pick up bike by saddle and spin rear wheel forward  
it should spin freely without  
1) wobbling  
2) hitting either brake block  
3) slowing down super fast

Pull on rear brake lever to stop wheel  
brake should have plenty of power to spare,  
apply smoothly without jerking and hit rim  
squarely

Release the lever  
the brake should spring out immediately  
Look at brake blocks  
are they

- worn, cracked or crumbly?
- both an equal distance from  
the rim?

Push wheel back and forth toward one  
brake block and then the other  
the wheel will give, but there should be  
no play

Look at the tread of the tire all around  
there should be neither worn-through  
patches nor bulges

Check inflation pressure

Pick up bike by handlebars and repeat for  
front wheel

### FRONT END

Stand in front of bike, hold wheel tightly  
between knees

- try to twist handlebars  
they shouldn't move
- try to pull handlebars up and down  
they shouldn't move
- try to twist brake levers  
they shouldn't move

Stand beside bike, lift frame near handlebars  
front wheel should fall freely to the side

Try to roll bike forward and back with  
front brake locked  
there should be no play where the fork  
enters the frame  
Ends of handlebars protected?



### FINISHING UP

Try to twist or tilt saddle  
it shouldn't move  
Wipe off reflectors; are they attached  
securely?

If rollers on chain are shiny or if side  
plates are rusty  
lubricate your chain!

If when pedaling, you feel a clunk every time  
around  
stop immediately, get help

Take your bike to a bike shop at least once  
a year for a tune-up and safety check.

